

SEMINAR-VII

LET BANGLADESH MAKE FREE FROM HEART DISEASE AND DIABETES BY CHANGING FOOD HABIT AND SEDENTARY LIFESTYLE

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Summary

The SAAOL lifestyle modification program is a Natural Health Program to provide health and wellness programs for preventing and reversing heart disease, diabetes, hypertension, obesity and cancer. Coronary Heart Disease (CHD), Stroke, Diabetes and Obesity have been increasing exorbitantly in developing countries since last 30 years. But these are being decreased in developed countries. Prof. Dean Ornish (MD), the well-known Scientist and Cardiologist in the USA has invented “The Reversal Program” for preventing and reversing heart diseases. SAAOL stands for, the Science and modern medical science with the best of art of living. It is the best possible way to take care of the heart as well as for achieving health and disease-free well-being. This low-cost, scientifically designed, program is the latest, most scientific, non-invasive, permanent and safe treatment for coronary blockages. SAAOL is also the formula for perfect health and well-being. Everybody can follow this. It’s heart program is the most popular, scientific and non-invasive heart care system. The SAAOL health program is based on two main ideologies: 1. Changing self-destructive sedentary lifestyles. 2. Properly setting our daily diets as per balanced nutritional program. Doctors believed that the plaques of cholesterol and other substances that clog the arteries to the heart could not go away. When they got too severe, the patient was sent off to the hospital for bypass or angioplasty.

The SAAOL’s lifestyle modification program is based on five components pioneer in Reversing Heart diseases. 1. EDUCATION: Knowledge about lifestyle modification programs. 2. NUTRITION: Participants followed & nourished with a well balanced diet nutrition plant that contains whole grains, beans, fresh vegetables, fruits and adequate water can more easily sustain health and fight disease. The diet plant also strictly based on fat/oil free cooking and eating. Trained dietitians provide lectures on weight management, shopping and meal planning, as well as useful ‘0- oil cooking’ demonstrations to prepare quick and easy reversal diet. 3. EXERCISE: The comprehensive lifestyle change program recommends 30 minutes of moderate exercise daily such as walking. Regular exercise or physical activity is known to reduce the risk for many conditions and chronic diseases such as heart disease, diabetes, high blood pressure, certain type of cancers, osteoporosis and obesity. It is one of the best ways to improve both

physical and mental health. 4. **STRESS MANAGEMENT:** Because of the strong correlation between physical and mental health, participants or patients are taught techniques such as stretching, relaxation, breathing, visualization and meditation that reduces stress and increase awareness of the mind / body connection. 5. **GROUP SUPPORT:** Support group helps each other and inspire others to follow these five components. It is a comprehensive approach to address the underlying causes of disease rather than merely the symptoms of disease.

Through regular group of meetings, participant or patients learn how to improve communication with each other, family members, friends and co-workers through positive self-expression. These meetings are led by licensed mental health professionals who work closely with participants to improve their communication skills and to encourage a sense of caring and connectedness among group.

The prevention diet is customized according to our health risks and health goals-healthy life without heart disease or diabetes.

The reversal diet: The reversal diet is designed for people who have diagnosed heart disease or with high cholesterol levels. It has been scientifically proved to reverse heart disease and may be beneficial for many other illnesses like High Blood Pressure, High Blood Sugar, Osteoporosis and some types of Cancer also.

The reversal diet is a whole foods vegetarian diet high in protein and complex carbohydrates, low in simple carbohydrates (like sugar, white rice, white flour, concentrated sweetener, cold drinks, alcohol) and very low in fat (approx-10% of total calories) those few plant based foods that are high in fat are excluded, including all edible oils either refined or not (other than 5ml per day of Flaxseed oil or Fish oil to provide additional omega-3 essential fatty acid, other nuts and avocados. The reversal diet consists primarily of fruits, vegetables, grains, beans specially soy based foods, egg white and some time moderate amounts of nonfat dairy curd.

A globalization of coronary heart disease, brain stroke, diabetes and obesity is occurring throughout declining in developed countries like America, Australia, Canada, England, France, Germany, China, Japan and it is rising dramatically in under develop and developing countries like India, Bangladesh, Pakistan, Middle Eastern Countries. In a Statistic WHO comment, in 2016, India and Bangladesh will be the Capital of Heart Disease and Diabetes. Because of this, there is a unique opportunity to practice preventive measures on a global scale, especially like Bangladesh and other countries Asia. The SAAOL mission is to help our citizens understand the value of their indigenous nutritional diet and encourage them to change their sedentary lifestyles, which can reverse the exponential rise in cardiovascular disease and diabetes that are plaguing them. It also stops the exponential rising death from Heart attack and Strokes. This life style modification program is more effective and a lot cheaper than medicines and surgery.